

Steamed Fish in Banana Leaf Recipe

(Ikan Woku Daun)

Ingredients:

4 fish fillets or whole fish, each about 350 g
3 tablespoons vegetable oil
3 tablespoons water or chicken stock
80 g scallions, sliced
1 turmeric leaf, sliced
3 kaffir lime leaves, finely chopped
10 g lemon basil, sliced
Salt to taste
4 banana leaves, each 25 x 30 cm (10 x 12 in)

Seasoning:

Salt to taste
Freshly crushed white pepper to taste
4 tablespoons lime juice
4 tablespoons vegetable oil

Spice paste:

50 g shallots, peeled and sliced
10 g bird's eye chilies, sliced
15 g ginger, peeled and sliced
50 g candlenuts, crushed
10 g turmeric, peeled and sliced
2 stalks lemon grass, bruised and finely sliced

Method:

If using whole fish, gut and clean thoroughly, then use a sharp knife to make 4 slits on both sides of fish. Rub fish all over, including slits if using whole fish, with seasoning ingredients. Refrigerate for 30 minutes. Prepare spice paste. Combine all ingredients in a stone mortar or blender (processor) and grind into a fine paste. Heat oil in a saucepan. Add spice paste and sauté over low heat until fragrant, adding stock or water to prevent sticking. Add all remaining ingredients, except salt and banana leaves. Sauté for 1 minute or until well mixed. Remove from heat and leave to cool to room temperature, then season to taste with salt. Place 1 rounded (heaped) tablespoon spice mixture on the center of each banana leaf. Place fish on top and cover fish with more spice paste. Wrap fish tightly in banana leaf and secure with skewers or kitchen string. Steam parcels for 10-15 minutes or until cooked through, then serve as desired.